

# Mitchell Gymnastics Calendar of Events-Session #2 January 8<sup>th</sup>-April 27<sup>th</sup>

<u>Class Dates—2024</u> <u>Jan 8<sup>th</sup>-Apr 27<sup>th</sup></u>	<u>Theme</u>	<u>Feature Skills</u>
January 8 <sup>th</sup> -13 <sup>th</sup>	<b>Orientation &amp; Safety Week</b> -Get to know your Coaches, the gym space and the rules and tricks to keep you safe in the gym. This is when we go through basic skills to assess class abilities to plan for remainder of session	Jumps, stick landings & dismounts, hangs & swings, TA DA finishes, controlled jumps, front support on bars to cast dismount
January 15 <sup>th</sup> -20 <sup>th</sup>	<b>Teddy Bear Week #1</b> -Bring your favourite stuffy to gymnastics to show them what it's all about	Front support on bars to rocking forward, forward rolls down inclines, log rolls, front support roll over on bars, forward rolls, multiple rolls, tuck/pike/straddle rolls, wheelbarrow, donkey kick and bear walk to roll, forward roll up to height
January 22 <sup>nd</sup> -27 <sup>th</sup>	<b>Teddy Bear Week #2</b> -Bring your favourite stuffy to gymnastics to show them what it's all about. Bring a different one or the same one.	Front support on bars to rocking forward, forward rolls down inclines, log rolls, front support roll over on bars, forward rolls, multiple rolls, tuck/pike/straddle rolls, wheelbarrow, donkey kick and bear walk to roll, forward roll up to height
January 29 <sup>th</sup> -February 3 <sup>rd</sup>	<b>Backwards Week #1</b> -wear your shirt backwards, and walk backwards into class for some backwards fun	Backwards, front & back, rock backwards, back rolls, jump backwards to roll, fall backwards, log rolls, jump backwards off height, pullovers, back hip circles, back walkovers, back handsprings
February 5 <sup>th</sup> -10 <sup>th</sup>	<b>Backwards Week #2</b> -wear your shirt backwards, and walk backwards into class for some backwards fun	Backwards, front & back, rock backwards, back rolls, jump backwards to roll, fall backwards, log rolls, jump backwards off height, pullovers, back hip circles, back walkovers, back handsprings
February 12 <sup>th</sup> -17 <sup>th</sup>	<b>Valentine's Week</b> -Wear red, white and/or pink, or your favourite Valentine's clothes for some Valentine Gymnastics fun	Up & over, sharing & taking turns, jump land roll, swing land roll, pullovers, static balance in letter shapes, partner rolls, various rebound jumps to land roll
<u>Monday, February 19<sup>th</sup></u>	<b>Family Day—GYMNASTICS IS ON FOR THOSE WHO CHOOSE TO COME we are open for classes</b>	
Feb 19 <sup>th</sup> -24 <sup>th</sup>	<b>Routine Week-</b> let's spend the time really learning our routines	Focused preparations for the Spring Open House

February 26 <sup>th</sup> -March 2 <sup>nd</sup>	<b>Circus Week #1</b> -wear some fun, crazy circus inspired colours and patterns to have some circus fun gymnastics style	Review rolls, cartwheels, front support casts, weight transfer & small cartwheel, log rolls, rolls on wide beam, cartwheels with variation, cast half turn dismount, cartwheel to handstand, multiple cartwheels, running cartwheels, cartwheels from height & MORE
March 4 <sup>th</sup> -8 <sup>th</sup> (no Saturday class on 9 <sup>th</sup> for March Break we have added an extra week this session to compensate for this missed Saturday)	<b>Circus Week #2</b> -wear some fun, crazy circus inspired colours and patterns to have some circus fun gymnastics style	Review rolls, cartwheels, front support casts, weight transfer & small cartwheel, log rolls, rolls on wide beam, cartwheels with variation, cast half turn dismount, cartwheel to handstand, multiple cartwheels, running cartwheels, cartwheels from height & MORE
<b>March 9<sup>th</sup>- 17<sup>th</sup></b>	<b>March Break—No Gymnastics</b>	(this session has an extra week of classes to compensate for Saturday March 9 <sup>th</sup> and Monday April 1 <sup>st</sup> )
March 18 <sup>th</sup> -23 <sup>rd</sup>	<b>Funny Hairdo Week #1</b> —wear a funny hairdo to class (make sure you can still do gymnastics of course)	Handstands, front support, handstand against the wall, donkey kick, casts, snap downs, lunge & kick to handstand
March 25 <sup>th</sup> -30 <sup>th</sup>	<b>Funny Hairdo Week #2</b> —wear a funny hairdo to class (make sure you can still do gymnastics of course)	Handstands, front support, handstand against the wall, donkey kick, casts, snap downs, lunge & kick to handstand
<b>Monday, April 1<sup>st</sup></b>	<b>Easter Monday—No Gymnastics</b>	(this session has an extra week of classes to compensate for Saturday March 9 <sup>th</sup> and Monday April 1 <sup>st</sup> )
April 2 <sup>nd</sup> -6 <sup>th</sup>	<b>Muscle Week</b> -this week we will be practicing some other skills focussing on what muscles we use for different things and doing lots of repetitions	Tripod balance, spotted small headstands against the wall, multiple rolls, exercise stations, headstands, straddle up to headstand, Review cartwheels
April 8 <sup>th</sup> - 13 <sup>th</sup>	<b>Under the Sea Week #1</b> -wear your bathing suit with shorts, or with a shirt for boys or your favourite beach outfits and shades	Static/Dynamic balance, balance, up and over, swings, underswings, long hang swings, grip change, cobinations of swings, dynamic balance in different directions, balance on heights, surfaces & angles, glide swings, hangs & long hang swings, grip change & regrasp,
April 15 <sup>th</sup> -20 <sup>th</sup>	<b>Under the Sea Week #2</b> --wear your bathing suit with shorts, or with a shirt for boys or your favourite beach outfits and shades	Session Review, Last prep for Open House week next week
<b>April 22<sup>nd</sup>-27<sup>th</sup></b>	<b>Session Finale Family Open House—at Mitchell Community Center 185 Wellington Street Mitchell in Hall THIS IS THE LAST WEEK OF THIS SESSION</b>	<b>Important for all gymnasts to attend as we perform a group floor routine for all our families (Saturday open house will be Friday night) Details will be sent out in advance</b>